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NEWS

Winchester puts out excessive heat advisory, state resources to cool down during heatwave

NELL ESCOBAR COAKLEY | STAFF WRITER

June 24, 2025 . 6:00 AM — 5 min read

The Northeast is experiencing its first heatwave of the summer, with temperatures running into the high 90s and possibly hitting 100 degrees. COURTESY GRAPHIC/GOTTA KNOW MEDFORD

The first heatwave of the summer has hit New England with tem soaring past 90. The National Weather Service expects the numbe

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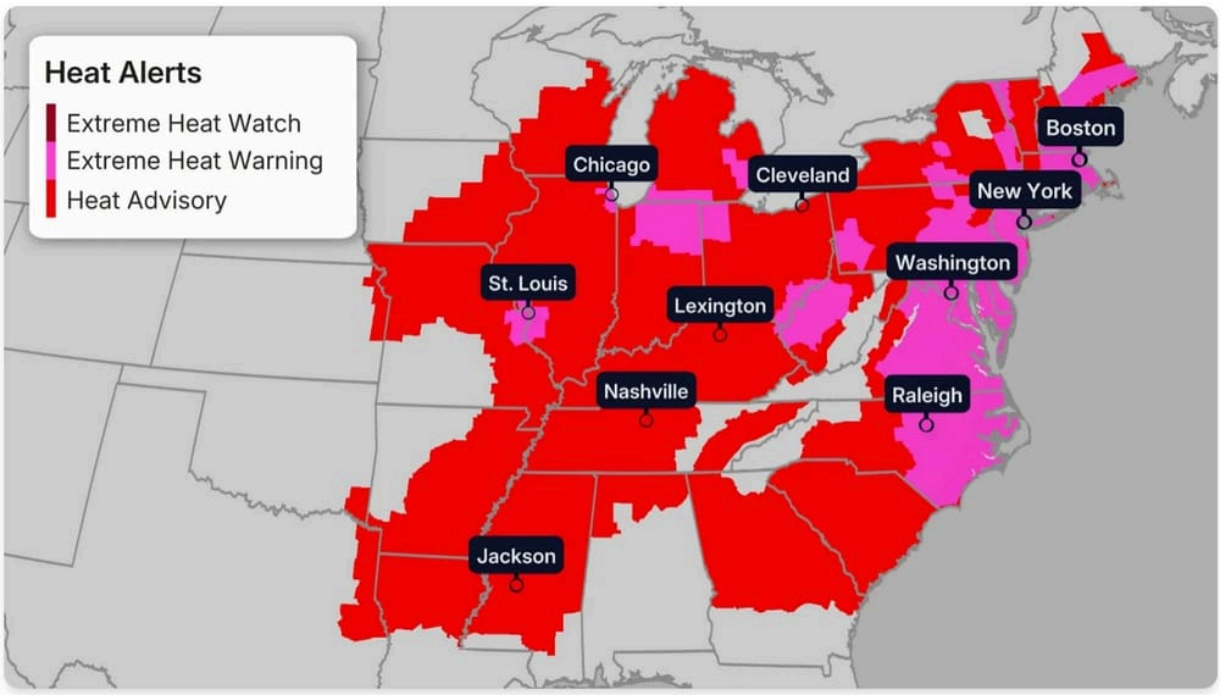
climb even higher, hitting 100 degrees Tuesday and hovering in the high 90s through Wednesday.

The agency has put out “extreme heat” advisories as the heat spreads from the Midwest into the Mid-Atlantic and Northeast.

“This level of Heat Risk is known for being rare and/or long duration with little to no overnight relief, and affects anyone without effective cooling and/or adequate hydration,” according to the agency’s website.



A National Weather Service alert on the high temperatures now crossing the country. COURTESY PHOTO/NATIONAL WEATHER SERVICE

Temperatures are expected to drop into the high 60s and 70s by Thursday, according to a long-range forecast by AccuWeather, but possibly start rising again into the high 70s and mid-80s from June 29 through July 2.

Why is it so hot?

According to Jonathan Erdman, a senior meteorologist at weather.com who has been covering national and international weather since

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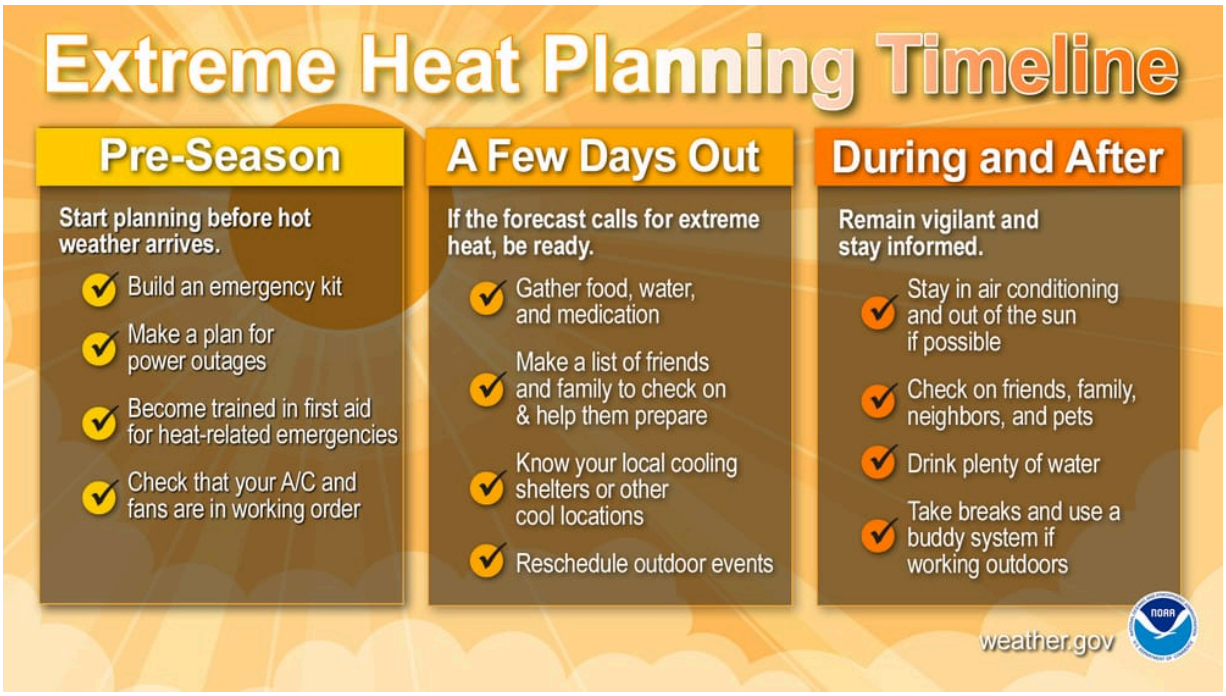
strong bubble of high pressure aloft known as a heat dome has developed over the eastern U.S."

What's a heat dome?

"Sinking air near the center of this heat dome suppresses clouds, allowing the intense sunshine this time of year to heat the ground and air above it most efficiently," Erdman wrote on The Weather Channel website. "Southerly and southwesterly winds are also tapping hot and humid air from the South into the Midwest and Northeast. This heat dome will only slowly weaken and 'flatten out' in the East in the week ahead."


Extreme Heat Planning Timeline
Pre-Season
Start planning before hot weather arrives.
Build an emergency kit
Make a plan for power outages
Become trained in first aid for heat-related emergencies
Check that your A/C and fans are in working order
A Few Days Out
If the forecast calls for extreme heat, be ready.
Gather food, water, and medication
Make a list of friends and family to check on & help them prepare
Know your local cooling shelters or other cool locations
Reschedule outdoor events
During and After
Remain vigilant and stay informed.
Stay in air conditioning and out of the sun if possible
Check on friends, family, neighbors, and pets
Drink plenty of water
Take breaks and use a buddy system if working outdoors
weather.gov

Learn how to plan for extreme heat events. COURTESY PHOTO/THE WEATHER CHANNEL

In the meantime, municipalities, such as Winchester, have put out heat advisories, giving the public tips on how to stay healthy in the heat and informing them as to where there are cooling centers set up.

Winchester residents can head off to cooling centers at the following locations:

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• Winchester Public Library, 80 Washington St., from 9:30 a.m. to 9 p.m., Monday to Thursday, and 9:30 a.m. to 5:30 p.m., Thursday and Friday.

• Jenks Center, 109 Skillings Road, from 9 a.m. to 4 p.m., Monday to Friday, and 8:30 a.m. to 2:30 p.m., Saturdays.

Winchester's website also sends residents to Mass.gov, where the state has set up an Extreme Heat page with a variety of resources.

"This page is your central source for public health information and planning tools related to heat exposure and safety in Massachusetts. Here, you can download the Extreme Heat Resource Guide, access Extreme heat resources, and find links to local and statewide planning tools, including the Unhealthy Heat Forecast webpage," the welcome page states. "Whether you're a resident, healthcare provider, or local official, this page offers the guidance and support needed to respond effectively to heat waves."

The state also provides resources to the Beach Quality Dashboard, where residents can check the 2024 stats on water quality.

Climate change and extreme heat

According to Mass.gov, "climate change is driving more frequent, intense, and lasting extreme heat events in Massachusetts and across the country," the state website reads. "Since the early 1900s, Massachusetts has warmed by nearly 3.5°F, and experts project a continued rise.

"By 2050, the number of days above 90°F in the state is expected to double or even triple compared to historical averages," the site continues. "These rising temperatures are not only uncomfortable; they also pose serious health and infrastructure challenges, especially in urban and underserved areas.

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STAY INDOORS
DURING HEAT WAVES
Stay indoors in air conditioning whenever possible. If your home doesn't have AC, check if your area has a cooling center.
Remain hydrated by drinking water and avoiding alcohol.
Check on those most vulnerable to heat, including children and the elderly.
If you must go outdoors, go early or late in the day, and dress in light-colored clothing.
weather.gov
NOAA

Learn how to stay safe in extreme heat. COURTESY PHOTO/THE WEATHER CHANNEL

"In Massachusetts, extreme heat is becoming a more serious health concern as summer temperatures rise year after year. Data show that the first heat wave of the season is often the worst for people's health, leading to more heat-related illnesses and hospital visits than later heat waves," the site adds. "This is because our bodies need time to adjust to the heat. That's why it's important to prepare early—before the first hot days arrive."

State data also shows that once temperatures "rise to 85°F or more for three days in a row, there is a significant increase in emergency room visits and heat-related illnesses."

Vulnerable populations are the following: Older adults (65+), infants, young children, pregnant individuals, people with chronic medical conditions, disabilities, or limited mobility, outdoor workers, athletes and individuals without access to air conditioning.

The state also identifies "people experiencing homelessness, people with limited English proficiency and communities of color, due to the systemic racism and environmental injustice" as those most vuln extreme heat.

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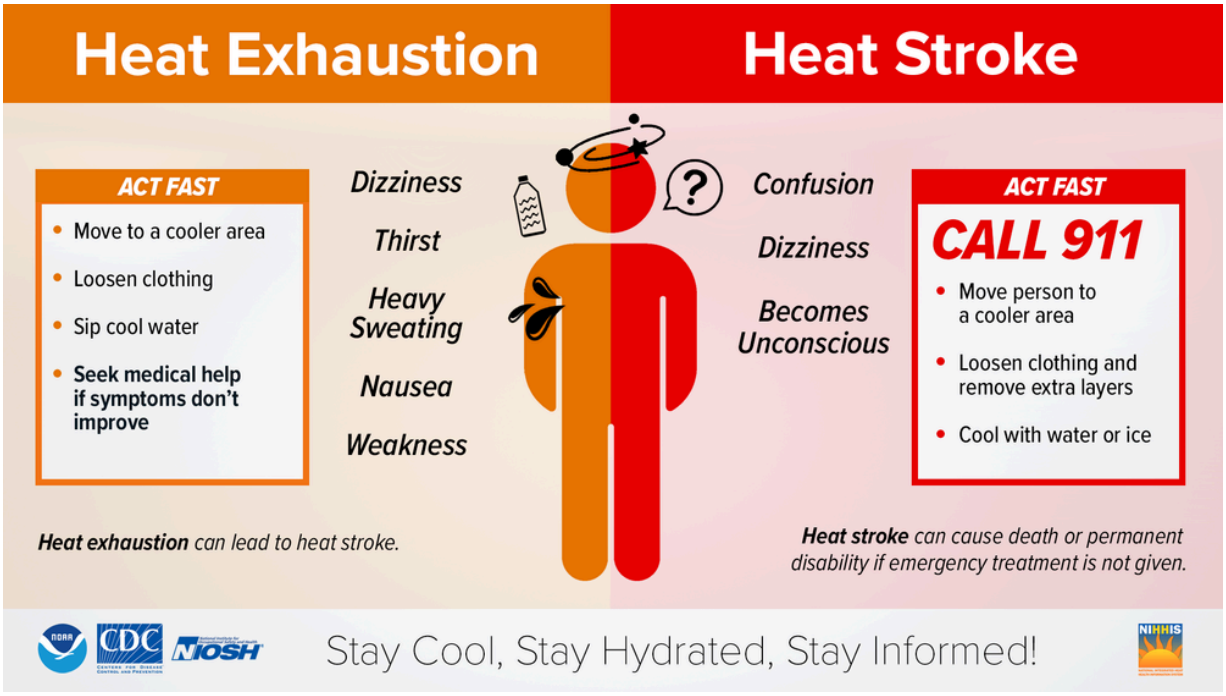
What should I do during extreme heat?

Plan. That's the number one tip offered by the American Red Cross, which urges people to be prepared before rising temperatures hit by doing the following:

• Learn how to stay hydrated, not just by avoiding sugary, caffeinated and alcoholic drinks, but keeping tabs on how much you're drinking each day.

• Gather supplies such as extra water or medication so you don't have to go out into the heat.



The American Red Cross recommends people learn how to spot heat illnesses and respond to them. COURTESY PHOTO/THE WEATHER CHANNEL

• Make a plan on how you plan to stay cool, whether via air conditioning or cooling centers.

• Learn emergency skills, not just CPR or first aid, but also how to spot heat illnesses and respond to them.

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• Stay connected to your town/city or state agencies which can provide help, services or resources and sign up for alerts where available.

Additionally, the Red Cross also provides videos on how to be prepared, how to make it through a heatwave and what to do afterwards.

An extreme heat checklist is available not only in English, but Spanish, Arabic, French and Chinese, among other languages.

And just in case you're feeling stressed or anxious about the situation, you can call the Disaster Distress Helpline for free if you need to talk to someone. Call or text 1-800-985-5990.

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Public safety data How Winchester compares on firearms licenses in comparable Massachusetts communities Active licenses as of Jan. 25, 2025 — Source: Massachusetts Criminal History Systems Board License to carry firearms Firearms identification card Winchester and Marblehead are the focus communities. Peers selected based on comparable population size, demographics and suburban

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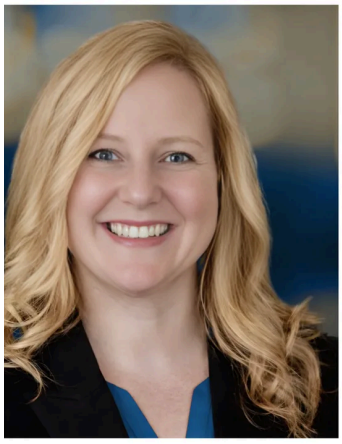

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FEATURES

'Chicago: Teen Edition' dances onto the Winchester High School stage

By Talia Ho | Correspondent Fame. Fortune. And all that jazz. This spring, Winchester High School presents "Chicago: Teen Edition," a bold musical that explores celebrity culture, media manipulation, and the cost of ambition. Set in the 1920s, this iconic production is sure to leave the audience wanting more. Performances will

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EVENTS

Ripley Chapel in Winchester presents 'Syldason: You Are Welcome Here'

The following was submitted by the Ripley Chapel at First Congregational Church: On

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Rep. Michael Day helps House colleagues pass sweeping energy affordability bill

The following was submitted by the Office of Rep. Michael S. Day: Rep. Michael S. Day and

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Friday, March 13, beginning at 7:30 p.m., live in-person and live streamed from the stunning Ripley Chapel at First Congregational Church, Winchester, 21 Church St., join in with Syldason, a duo concert featuring Sylvie Zakarian,

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his colleagues in the House of Representatives recently passed energy affordability legislation that would result in over $9 billion in savings for utility ratepayers over the next 10 years. The bill maintains critical

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